

Carolyn D. Ashworth, M.D.

Chandra Garvey, R.N.C.P.N.P.

Michele Hickman, R.N.C.P.N.P.

Wt. _____ % Ht. _____ % BMI _____ B/P _____ P _____

THREE-YEAR VISIT

Keep your child in the car seat as long as he/she fits, then switch to regular seat belt if 40 lbs. & 40 in. tall, or use booster seat.

Start teaching pedestrian and bicycle safety but continue to supervise outdoor play; you can also start swimming lessons. Use a bicycle helmet.

Continue well-balanced meals with a variety of foods, nutritious snacks, independent self-feeding, ½ chewable multivitamin with minerals tablet, and avoid struggles over food; give small portions of food with seconds available.

If your child has not had his/her first dental appt., make that appointment now.

Experiences out-of-home are important for preschoolers – preschools, daycare, play groups, etc.

Imaginary friends are a normal part of many preschoolers' lives.

Fears become more prominent-may make bedtime more difficult or cause child to come into parent's room during night; nightmares can waken child.

Curiosity about babies and sex differences are common.

Preschooler's ability to color and draw improves-stimulate with crayons and coloring books; continue to read to your child and limit TV viewing to 1 hour.

AT THIS VISIT YOUR CHILD MAY RECEIVE THE FOLLOWING IMMUNIZATIONS:

DTaP Hib MMR Polio Hep A Hep B Chicken Pox

NEXT WELL CHILD VISIT:

At 4 years of age: DTaP, Polio, and MMR boosters will be given at this time. Complete vision and hearing screening will be done also.